

August 3, 2010 GSI Meeting Minutes

Chair opened the meeting at 7:00 pm with the Serenity Prayer. Tradition 8 and Service Concept 8 were read as well as a reading from For Today and our primary purpose.

August agenda: adopted

July minutes: approved as corrected

Meeting Rep Reports

-Sunday OA-HOW, Ballard – Rep is putting documents in a binder for members to peruse during meetings.

-Monday, Bothell – Rep shared that one meeting per month is a tradition meeting; during shares, members apply the tradition to their lives. They did this because breaches in traditions cause tensions. They also firmed up their format to help members follow the traditions, feel more comfortable in sharing their experience, strength and hope, and to remember and reinforce the primary purpose of OA. Their meetings have grown and now have 15 – 20 attending each meeting.

-Saturday U-District – Rep shared that 10 minutes per meeting are set-aside for newcomers to share. This helps the newcomers feel welcome. Also, a member will give a three-minute share on his/her first step.

-Tuesday/Thursday Bellevue Alano Club – Rep shared that after their meetings, members will go to the Alano Club café area to talk and share among themselves. This helps newcomers feel more comfortable in sharing with each other.

-Saturday Woodinville – Rep shared that when there are newcomers, a member will share the tools of the program so that newbies will have a better sense of what OA offers.

Sunday, Ravenna – Rep shared that at the last business several service positions were open. They had just read the seventh tradition pertaining to each meeting being self-supporting. They discussed that self-support includes service. Many fellows stepped up to take positions.

Tuesday, Renton – Chair shared that they, too, discussed the seventh tradition and the importance about being “a part of”, rather than having “insiders” and “outsiders”.

-Rep mentioned that some meetings are having problems finding banks that do not charge checking fees. Some banks charge as much as \$12 per month. It was suggested to contact Key Bank.

-Friday Recovery Café – Rep wanted feedback about how long a meeting should keep going if attendance is poor. Other reps offered feedback, such as calling fellows who've attended in the past, changing the time, etc.

Board Reports

Delegate - Barb will not be going to the Region One assembly in October. She wants to know if anyone else will go and represent GSI. GSI can send up to four people. There are no requirements to go to the Region 1 assembly. Carol, Estelle, and Karen are willing to go. Carol was appointed. Estelle and Karen will let GSI know by the September meeting if they, too, can go. Jenny He moved to finance three people going to the assembly. The motion passed.

Treasurer – Jenny asked everyone to correct the date on the treasurer reports by crossing out June and writing July. July was a light month.

Secretary – We need a secretary!!! It's a fairly simple way to give very important service. We haven't had a secretary for nine months!!!

Vice Chair – Sharon passed out orange and yellow sheets. The orange sheet lists region events. The yellow sheet is about the upcoming convention. Region Three's Recovery at Sea is coming up in March. Flyers are available.

Chair – Barb shared that three new pamphlets are available from WSO: To the Teen, Sponsoring Through the Twelve Steps, and To the Family of the Compulsive Overeater. She stated that the new versions are

significantly different from the previous ones. No response was received from WSO regarding skit. Marsha reported the writer of the skit did not see how it could be performed and anonymity retained.

Committee Reports

Bylaws – Bylaw information will be available at the September meeting. Job descriptions, Policies & Procedures, Bylaws etc are given out each September to all meetings. This is in preparation for elections in November.

Public Information and Professional Outreach – Connie wants help spending \$600 on outreach. The Bothell Monday night group also donated \$312 to go toward PSAs. Reps need to ask their groups to get involved. Interested fellows should call Connie.

12th Step Within – No report at this time. Need a chair.

Ways and Means – Need a chair.

Group Coordinator – Jenny He brought another ream of schedules with her.

Sponsor Coordinator – Camille's term is up. We need a new chair.

Website – No report at this time.

Newsletter – No report at this time.

Two delegates and three alternates needed

Unfinished Business

Budget Committee – It will consist of Jeri, Jenny, Mary Louise, Kevin, and Barb. They will set a date to meet, and will be ready to present the new budget at the annual meeting on the first Tuesday in November.

Items for Next Meeting –

- a) website report
- b) reps for Region One convention
- c) drawing for 4 scholarships to Region 1 convention
- d) Bylaws handouts

ATTENDEES:

Connie – chair PI/PO

Barbara C – 10:30am Burien

Jeri K – Sat 10am Ballard

Bridget – Sun 5:30pm St Paul

Kevin C – Thurs 7:30pm Mill Creek & Bylaws Chair

Stephanie – 7pm Seward Park

Holly C – Mon 7pm Bothell

Sharon L – Vice-Chair

Linda W – Sat 8:30 am Wdnvl

Marcia H – Sun Revenna & winter retreat chair

Teresa – Mon pm Fremont Baptist Church

Carol – Tu/Thur am Bellevue Alano Club & Fri am Recovery Cafe

Tawna – Mon 7 pm Bothell

Jenny He – Group Coordinator

Ellie H – Sun 9am Capital Hill

Erin – Sat 10am U District

Jenny Hi – Treasurer

Ruby A – Thurs am Burien

Constance – Tues 7pm Northgate

Karen – Sat 10 am West Seattle

Estelle – Thurs am Ballard

Barb – Chair

Kathie – Tues pm Group Health Renton

SEPTEMBER 7, 2010 GSI Meeting Minutes

Chair opened the meeting at 7:00 pm with the Serenity Prayer. Tradition 9 and Service Concept 9 were read as well as a reading from For Today.

Agenda adopted; August minutes approved as corrected

Meeting Rep Reports

Nancy announced the flyers for the new Snohomish meeting were available for reps to take to their meetings. (Lawrie's Big Book study cannot be used). Catherine B brought up discussion about conference approved literature. It needs to be OA or AA approved to be used at a meeting.

Board Reports

Treasurer – Jenny Hi had report of available for reps to take to their meetings. \$1,375.00 donated from meetings. Little outgoing activity in August. She is looking for a donor from Redmond who gave \$200.00 with no group name on the check.

Secretary – No elected secretary. Victoria volunteered to take the minutes of the meeting.

Vice Chair – Sharon had contract for chair to sign for OA HOW retreat June 3-5. She also had flyers of all upcoming events in our intergroup as well as Region 1. They are on our website.

Chair – Barb announced OA's 50th anniversary bookmarks are available at bookstore.oa.org. Bylaws etc were given to all reps present. If contacts are correct she will mail out to reps not present. Elections will be held at the annual meeting in November. Some meetings were updated on the oa.org website for meeting information.

Events: Nancy announced the Shoreline meeting will hold Attitude of Gratitude the Wednesday evening before Thanksgiving from 7-9pm. 6-7 is brown bag with speakers starting at 7. Hadiyah is coordinating carpools for the Region 1 convention in Montana in October.

Reps approved Estelle, Carol and Karen to represent GSI at the October 2010 Assembly in Montana.

Ways & Means: Ruby has made more book covers. Lawrie CDs are available for \$20 a set. The CDs qualify as local literature and can be sold for fundraising. They cannot be used as a basis for ongoing meetings. Barb circulated local literature guidelines.

Newsletter – need a chair – please announce at meetings

Elections were held for 4 \$125.00 scholarships to the Region 1 convention in Montana in October. The winners were: Judith B, Karen S, Jane D and Devin R. The alternates were Amy S, Ann W-S, Belinda B and Estelle P. Three scholarships were from GSI and the 4th from Monday Phinney Ridge group.

ATTENDEES:

Mary Louise- Edmonds Sunday 7pm; Barbara C – Burien Monday 0:30am & Ways & Means co-chair; Ruby A – Burien Thurs; Catherine B – Tuesday Ballard 7pm HOW; Carolyn – Bellevue Wed pm; Jeri K – St Paul's Sat 10 am; Janice – Denny Park Fri 7pm; Victoria – temp minutes; Jenny He – Downtown Thurs YMC & Group Coordinator; Nancy N – Shoreline Wed pm; Ellie H – Capitol Hill Sun 9 am; Tawna – Bothell Mon 7pm; Estelle – Ballard Thurs am; Erin – U District Sat am; Peter – Revenna Sun; Sharon L – Vice Chair; Kevin C – Mill Creek Thurs pm & Bylaws Chair; Jenny Hi – Treasurer; Barb – Chair & Renton Tues